

## Axis Football Pre-Season Conditioning Evening Camp

### Camp Description:

#### **8-13 yrs / 4 or 8 sessions, start dates below / prices below**

Learn speed, agility and conditioning drills to help prepare for the upcoming football season as well as position-specific drills taught by football players with college and/or pro playing experience. Learn football specific starts and acceleration techniques. Increase agility, first-step explosion, and decrease reaction time. Increase functional flexibility and explosive power. Reduce the risk of injury by learning proper athletic movement mechanics. Increase endurance and stamina. No equipment required. Speed and agility days (Mondays and Wednesdays) will be held indoors at AXIS Sport Performance to utilize air conditioning. Football skills days will be held outdoors at Howard H.S.

#### **Axis Training Facility and Howard HS**

**8-10 yrs / 8 days starting Jul 8 / \$160**

[RP7668.401](#)      6-7 PM      M-Th

**11-13 yrs / 8 days starting Jul 8 / \$160**

[RP7668.402](#)      7-8 PM      M-Th

**8-10 yrs / 4 days starting Jul 8 / \$90**

[RP7668.421](#)      6-7 PM      M-Th

**8-10 yrs / 4 days starting Jul 15 / \$90**

[RP7668.431](#)      6-7 PM      M-Th

**11-13 yrs / 4 days starting Jul 8 / \$90**

[RP7668.422](#)      7-8 PM      M-Th

**11-13 yrs / 4 days starting Jul 15 / \$90**

[RP7668.432](#)      7-8 PM      M-Th

### Sign-In / Sign-Out Procedures:

The camp will run at the times specified above Monday, Wednesday, and Friday. Registration verification and check-in will take place each afternoon as the campers arrive. **The person picking up the camper must come to the camp meeting location and sign the camper out before the camper will be released.**

### What to Bring:

The recommended attire for camp is T-shirt, shorts, and athletic shoes. Campers should always have a bottle of water with them each day.

### Important Forms:

- [Participant Information Form](#) [←click to access form online](#)

You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.

- [Medication Order Form](#) [←click to access form online](#)

Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

### Directions:

**Axis Sports Training Facility-** 9030 Maryland 108 Columbia, MD 21045

From Route 29 take Route 108 East. Axis will be on your left after 1.8 miles.

Or

Take 100 west to exit 2 MD 104 toward MD 108. At the traffic circle take the 3<sup>rd</sup> exit onto Waterloo rd. Turn right onto MD 108. Axis is 1 mile down on your right

### Inclement Weather:

For inclement weather program changes, information will be available 45 minutes prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp.

### For More Information:

**Will Dunmore**

Recreation Supervisor

410-313-1697

[wdunmore@howardcountymd.gov](mailto:wdunmore@howardcountymd.gov)